

# Health Homes Herald

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Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

## Health Homes: “It’s a Wonderful Thing!”

Amy Warren, LSCSW from Bert Nash’s Health Connections program writes: “we are definitely seeing how HH’s are helping ... it’s a wonderful thing!”

Like many providers, Bert Nash has chosen a new name to help distinguish their Health Homes program from their other services. Health Connections is the name they have chosen and already the new program is seeing success.

Amy told us about a male Bert Nash client who recently lost his housing. He had been in three psychiatric hospitals in August and September.

Though he was eligible for Health Homes, this member had chosen to remain unengaged in the program until staff at

Health Connections reached out to him in a face-to-face way.

Health Connections staff knew that this member was attending a treatment group in the Bert Nash building and used this opportunity to explain the Health Homes program and services to the member. This led the member to agree to an initial Health Homes assessment.

Health Connections staff found that the member had high blood pressure and contacted the members primary care physician at Heartland Community Health Center for consultation and follow-up.

Additionally, as part of their depression screening, the Health Connections staff realized that the

member was reporting thoughts of self harm.

This prompted the Health Connections team to reach out to the Access Center for assistance which ultimately lead to the client being able to stay in a crisis bed at Valeo in Topeka.

Amy’s story demonstrates care coordination at its finest. Excellent work facilitating cooperation within and across providers! This is what Health Homes are all about.

If you have a success story that you’d like us to feature in the Health Homes Herald, please contact:

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### Upcoming News and Events

- Learning Collaborative Webinar — Nov. 4, 2014
- The 5 “A’s” of Smoking Cessation Health Action Plan Training — Nov. 18, 2014
- Weekly SMI Implementation Calls — Thursdays at 10:00 am

Questions?

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# Consumers' Frequently Asked Questions

## How long does it take to change to a different Health Home?

Each MCO has a different process, but generally, changes should happen fairly quickly. If you can request your change before the 20th of the month you will get a new Health Home in about 10 days. Call your MCO to request a change.

If you have other questions or would like to learn more about Health Homes please contact Samantha Ferencik:

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## Update from Wichita State University Center for Community Support & Research

The **Health Homes Learning Collaborative** is an opportunity for administrators and managers within contracted Health Home Partner organizations to join with professional associations, Lead Entities (MCOs) and State Program leaders to celebrate successes, conquer challenges and build a quality Health Homes system that improves the lives of the individuals and families it serves.

Our first in person event on Friday, October 24 in Salina was a great success! Look for our next live event in early 2015!

Upcoming Learning Collaborative Webcasts are scheduled for November 4 and December 2 from 3:00 – 4:00 p.m. Watch for your invitation to participate!

The **Health Action Plan Learning Series** is an opportunity for Care Coordinators and Social Workers within contracted Health Home Partners to gain tools and resources for writing quality Health Action Plans with their members. The second installment of the four-part webinar series was an introduction to Motivational Interviewing presented by Dr. Mary Koehn from the WSU School of Nursing on October 21. Upcoming webinars also include:

November 18 – The 5 “As” of Smoking Cessation (REGISTRATION IS FULL)

December 16 – Health Literacy

The **Health Action Plan Community of Practice** allows Care Coordinators and Social Workers within contracted Health Home Partners a place to discuss with their peers challenges they face when writing Health Action Plans and strategies to be more effective. Virtual meetings of this group will be November 4 (FULL) and December 2 from 1:00 – 2:00 p.m.

**Pre-registration for all events is required and is limited to staff from Health Home Partners who are directly contracted with one or more MCO.**

For more information, please contact Vanessa Lohf at [vanessa.lohf@wichita.edu](mailto:vanessa.lohf@wichita.edu).



# Peer Support Training: Expanding the Opportunities

The Wichita State University Center for Community Support and Research in partnership with the Kansas Department for Aging and Disability Services has responded to the needs of the Kansas mental health community by implementing the following changes to the peer support training and certification process:

Peer support training will be offered at two levels and at various regions throughout the state. Level 1 training will cover basic concepts and skills of providing peer support such as the language of recovery, using one's recovery story, and establishing a supportive relationship. Level 1 training will be open to anyone who self-identifies as having primary, lived experience of a mental health challenge.

Level 1 training will be available not only to those who are already hired as peer specialists and who need certification, but also to people involved with consumer-run organizations, volunteers, and people interested in entering the peer specialist workforce. Level 1 training will confer "in training" status on those hired at positions that require certification, such as community mental health centers and state hospitals. Peer specialists who bill Medicaid will now have one year (as opposed to six months, previously) to complete training through Level 2.

Level 2 (complete certification for billing purposes) goes deeper into peer support concepts and adds skills such as problem-solving, facilitating peer support groups, and cultural competency. Level 2 training is reserved for those who have both completed Level 1 and are working at community mental health centers, state hospitals, and the VA. Currently certified peer specialists will automatically receive Level 2 status.

There will be an exam following each level of training.

Level 1 trainings are scheduled for:

- Newton (November 11-12, 2014)
- Lawrence (December 2014, dates and specific location TBD)
- Subsequent Level 1 trainings are slated for Dodge City, Manhattan, Pittsburg, and Hays, dates and venues TBA.

The first Level 2 training is scheduled for Newton in March of 2015 and Great Bend later in the year. Other training dates and locations will be made available at the [Training Teams website](#). Those who qualify can apply for peer support training any time by visiting the Training Teams website and downloading an application.

For questions concerning applications, contact Christine Young at [christine.young@wichita.edu](mailto:christine.young@wichita.edu) (316) 978-3224.

For questions about the new training structure, contact Lael Ewy at [lael.ewy@wichita.edu](mailto:lael.ewy@wichita.edu) (316) 978-7352.



# Prepare For Flu Season

Shorter days and cooler evenings mean it's fall – and often the time that we start seeing people sick with flu. By getting a flu vaccine for yourself and your entire family every season, you can help prevent flu-related illness, missed school, and missed work.

Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications, hospitalization, or even death. Pneumonia and bronchitis are examples of serious flu-related complications.

The flu also can cause certain health conditions, like diabetes, asthma, and heart and lung disease, to become worse. Even healthy people can become sick with the flu and experience serious complications. But even if you are one of the lucky ones who bounce back quickly from a bout with the flu, people around you might not be so lucky.

Getting a flu vaccine is the single best way to protect yourself

and your family from this serious disease.

Flu viruses are constantly changing, and different flu viruses circulate and cause illness each season. Flu vaccines are made each year to protect against the flu viruses that research indicates will be most common. This is why everyone needs a flu vaccine *every season*.

You should get vaccinated every year for two reasons.

1. Flu viruses are constantly changing. The flu vaccine is often updated from one season to the next to protect against the influenza viruses that research indicates will be most common during the upcoming season.
2. A person's immune protection from vaccination declines over time so annual vaccination is needed for optimal protection. Annual vaccination is recommended even for those who received the vaccine during the previous flu season.

The flu vaccine is safe. People have been receiving flu vaccines for more than 50 years. Vaccine safety is closely monitored by the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA).

Flu vaccine should be available widely, and in many convenient locations. See your doctor or other health care professional to get the flu vaccine, or seek out other locations where vaccine is being offered, such as pharmacies, health departments, grocery stores and many other places.

For more information about who should or should not get the flu vaccine please visit: <http://www.cdc.gov/flu/protect/whoshouldvax.htm>

You can find options for the flu vaccine in your area here: <http://vaccinefinder.org/>

## Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

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